

## Inside



■ Movies this week: 'The Tale of Despereaux', 'Delgo' and 'Cadillac Records' (above) **B4**

## Education

**CCAF cutoff date for spring diploma printing** — To be considered part of the CCAF April class, CCAF must receive all documentation (official transcripts) for degree candidate submissions by Feb. 27. This is for diplomas to be printed in April. Hickam's annual CCAF graduation ceremony will be May 15. Questions about CCAF can be directed to Timothy Smith at timothy.smith2@hickam.af.mil or call 449-6363 x221.

**National military spouse scholarship program** — The Joanne Holbrook Patton Military Spouse Scholarships are awarded to spouses of Uniform Services members (active duty, National Guard, Reserves, retirees, survivors) to obtain professional certification or to attend post secondary or graduate school. Scholarships range in amount from \$500 to \$1,000. Applications are due by midnight Feb 1. Visit online at [www.nmfa.org/scholarship](http://www.nmfa.org/scholarship) or contact the Force Development Flight at 15mss.dpe@hickam.af.mil.

**PME testing** — Individuals enrolled in voluntary Professional Military Education Course 12 or 14, SOS, ACSC, or AWC can contact the Force Development Flight to schedule a test appointment. Testing is available on Tuesdays (0800 and 1300) and Wednesdays alternating weekly between 0800 and 1300. Special test sessions for AWC short answer essay and version 17 on Mondays at 0800 and Thursdays at 1300. To request a test date, send an e-mail to 15mss.dpe@hickam.af.mil and provide your name, SSN (at least last four digits), PME type, and requested test date in e-mail.

**AF tuition assistance (TA)** — You can request TA within 45 days of your course start date via the Air Force Virtual Education Center in the AF Portal. A degree plan must be on file (an official degree plan after 12 credits completed) before TA will be approved. Contact the Force Development Flight at 15mss.dpe@hickam.af.mil or stop by Hangar 2, Rm 103.

# Horse keeps airman galloping with joy

By Chris Aguinaldo  
Hickam Kukini editor

When Senior Airman Stacey Nielsen of 15 SVS tells people what she does in her spare time, she's gotten used to their looks of disbelief.

"They tell me, 'Are you serious?!,'" she shared with a laugh. But when friends see the smile on her face as she rides her horse Klein's Olinda, they know she's in bliss.

About two years ago, Nielsen found the Percheron mare online — of all places — and headed to a Canadian slaughter house.

The Ohio native who grew up riding horses couldn't bear the thought of the mare meeting her demise. "When I saw her, I knew that was going to be my horse," she recalled.

"She was slaughter bound and had only one more month to find a home when I called to get more information on her," she said. "There was absolutely nothing wrong with her other than the breeder who had her could not afford to keep all of his Percherons anymore."

With her own money, Nielsen had the horse shipped over to Hawaii. She's kept in a private stable at Wheeler Army Airfield over in Wahiawa, where Nielsen manages to see her every day, no matter the weather.

"We ride in the rain and she gets wet. But she doesn't care," she said. "I ride 4-5 days a week, at least."

When Nielsen got the horse, the mare hadn't been trained for riding. But now, Klein's Olinda gallops at



around 25 miles per hour. "She loves to work."

She gives a lot of credit to her riding coach Jessica X. Avila-Franco of Seahorse Training. "She's awesome."

Percherons are draft horses, those that do hard work like pulling farm equipment or other towing, Nielsen explained. "Draft horses don't usually jump."

But Klein's Olinda does, she said with glee. So adept is the mare at jumping that Nielsen is entering her in a stadium jumping show here on Oahu.

Although she's ridden horses since she was six, she says Klein's Olinda is the one horse who truly has captured her heart.

"I'm so proud of her. If I've had a bad day, that horse cheers me up," she shared.

And the horse doesn't just make her smile. She'll leave the Wheeler grounds and head out into a nearby Mililani neighborhood, where Klein's Olinda has fans.

"People come out, kids step out and take a look," she said.

Nielsen, who has been at Hickam since 2006, says she

hopes to bring her mare wherever her Air Force career takes her. "It shouldn't be difficult if you know your resources. She is the best horse I have ever owned and I will have her forever."

But for now, if you're out near Wheeler and you see a horse along the road, that just might be an Airman and her mare just enjoying their day.

*What do you or your airmen do to have fun, relax or enjoy life when not on duty? Why not share with the rest of the base? Story ideas and photos are always welcome. Contact us and maybe we can feature it in an upcoming issue of Hickam Kukini. Call 449-1526 or e-mail [caguinal@honolulu.gannett.com](mailto:caguinal@honolulu.gannett.com).*



Photos by Sara Harper, Anita Valentine and Stacey Nielson

Counter clockwise from above: Senior Airman Stacey Nielsen of 15 SVS and her horse Klein's Olinda going for a ride; The view of a local neighborhood after leaving a stable at Wheeler Air Field; Taking a dip at Malaekahana Beach park. Background: Visiting a neighborhood park.

## WARRIOR of the week

By Staff Sgt. Erin Smith  
15th Airlift Wing Public Affairs

Team Hickam proudly announces Staff Sgt. Derwin Ford, an Aircrew Flight Equipment Journeyman with the 15th Operations Support Squadron, as the Warrior of the Week.

Sergeant Ford, a native of Shreveport, Louisiana, has been in the Air Force for 7 years, 3 of which have been spent right here at Hickam. He said his favorite thing about being in the Air Force is the travel opportunities. Here at Hickam, he not only gets to take advantage of his own travel opportunities but also the opportunities of others.

"My favorite thing about Hickam is that a lot my friends get to stop through here on their way to other places," he said. "We get to reunite and talk about old times."

His commander, Lt. Col. Keith Parnell, 15th OSS commander, said, "Sergeant Ford supports C-17, C-37 and C-40 aircraft. On a daily basis, he meticulously performs inspections on a multitude of life-saving equipment."

Inspecting life-saving equipment can be an intimidating task, where attention to detail is paramount.



Photo by Staff Sgt. Erin Smith

**Staff Sgt. Derwin Ford's commander says he 'meticulously performs inspections on a variety of life-saving equipment.'**

According to Sergeant Ford, this process can take as much as a day to a day and a half for new Airmen. Someone with a lot of experience can get the job done in around 2 hours. When packing, the Airmen do an in process inspection where someone will look and verify that you are packing the chute correctly. A quality assurance person looks at it too before it goes onto the Aircraft.

"It's scary to know if you do

something wrong, you can easily take a life, said Sergeant Ford. "Attention to detail is crucial in my job. Something few people know is that there are some steps in the process where you can't stop packing to talk on the phone/grab lunch, etc. If you stop there, you have to start over."

His meticulous nature is what made him the prime candidate to step away from packing parachutes and ensure Building 2155 was inspection-ready for the upcoming Operational Readiness Inspection.

"In November, he was given the unenviable task of repairing and cleaning Building 2155 in preparation for our Phase II "deployed" operations during the fast-approaching Operational Readiness Inspection next month," said Colonel Parnell. "Sergeant Ford hit the ground running on this high-visibility project and coordinated with agencies across the wing. His efforts revamped the interior of the building and the facility is now prepped for ORI success."

During the renovation, they had to paint, carpet and hang pictures. "We made it look a lot better," said Sergeant Ford. "I didn't think it would be possible but it turned out well."

## Hickam Health

### Dealing with eye inflammations

15th Medical Group Clinic

Conjunctivitis, or pinkeye, is an inflammation of the membrane (conjunctiva) that lines the eyelid and covers the surface of the eye.

Bacteria and viruses (which can be very contagious), allergies, dry air, and irritants in the air such as smoke, fumes, or chemicals can cause pinkeye. When bacteria or a virus is involved, the condition is more commonly called an infection.

The symptoms of pinkeye may include redness in the whites of the eyes, red and swollen eyelids, lots of tears, itching or burning, a sandy feeling in the eyes, and sensitivity to light.

Sometimes a discharge may be present.

Antibiotic ointment or drop may be needed if the discharge is yellow (you may have a bacterial infection).

Prevention efforts include not sharing towels, eye makeup, or contact lens equipment; washing hands before and after treating pinkeye in your own eyes or someone else's; and wearing safety glasses when working with chemicals. Home treatment includes applying warm or cold compresses several times a day to relieve discomfort, gently wiping edge of eyelid with moist washcloth to remove encrusted matter, and do not wear contact lenses or eye makeup until inflammation is gone.

Please refer to your Healthwise Handbook for when to call a health professional.



# Inside SERVICES

Tour Obama’s Hawaii

Visit Barak Obama’s birth-place, first home, Punahou School, “first job” at Baskin-Robbins, Nuuanu Pali Lookout and more. Tour buses depart daily from Waikiki at 1 p.m. and return by 5 p.m. Call Hickam Information, Tickets & Travel for more information at 448-2295.

Enjoy ‘Sunday Brunch’

The Hickam Officers Club famed champagne sunday brunch features an omelet station, Belgian waffles, eggs, bacon, sausages, hash browns, carved beef, honey ham, roasted lamb, seafood, salads, beverages, desserts and more. The cost is \$18.95 For adults, \$5.96 For kids (7-11 years), \$3.75 For kids (4-6 years) and free for 3 years and under. For reservations, call 448-4608.

Fish by spear

The Spearfishing 101 class conducted by Hickam Outdoor Recreation is tomorrow from 9 a.m. - noon. The class is taught in Pool #2. Spearfishing 102 will be held on Sunday, January 25, from 9 a.m. - noon. and allows participants to try out newly learned skills in Hickam Harbor where the fishing is good! The cost is \$35 per class. Call Hickam Harbor at 449-5215.

Watch UFC 94 at the Enlisted Club

Ultimate Fighting Championship 94, featuring St-Pierre vs. Penn 2, will be aired at the Hickam Enlisted

Club’s J.R. Rockers on Saturday, Jan. 31, with doors opening at 4 p.m. This pay-per-view event is free to Club members. Non-members pay \$10. Come out for a night of excitement, food and fun. Call 448-227.

Deal’em at Texas Hold’em & Bunco Tournament

The Hickam Enlisted Club hosts Texas Hold’em and Bunco tonight with check-in set for 5:45 p.m. The Texas Hold’em event lets you test your skills against the best players on base and is a preliminary tournament for the PACAF Texas Hold’em Championships held later this spring. Games start at 6:15 p.m. These events are open to all ranks and for members only. For more information, call the Club at 448-2271.

Kick off a Super Sunday

Super Bowl XLII kicks off on Sunday, February 1 at the Hickam Enlisted Club. Join your friends and root for your favorite team at the Club where every seat is a good one. Doors open at 11 a.m. and Club members receive free pupus. To add to the excitement, door prizes will

be given away including two tickets to the Feb. 8 Pro Bowl here at Aloha Stadium. Call 448-2271 for details.

Hickam Library visits the planet Venus

Learn about the brightest planet in our Solar System, Venus, on Thursday, Feb. 5, from 2:30 to 4 p.m. and Thursday, Feb. 19, from 6 - 7:30 p.m. at the Hickam Library. This program is part of a monthly Solar System series presented now through September by James Wallace, NASA Solar System Ambassador. Call the library at 449-8299 for information.

‘Charge’ to youth cheerleading clinic

Armed Forces Entertainment presents the San Diego Chargers Cheerleaders at Pearl Harbor, Quick Field, on Saturday, Feb. 7 at 9 a.m. for a free cheerleading clinic open to all military affiliated youth of all ages. Pre-register at MWR Youth Sports, Pearl Harbor, by Thursday, Feb. 5. Call 474-3501 to register or for more information.

Valentine’s rub down

Take your Valentine to the Hickam Fitness & Sports Center for a Valentine’s Massage Special Feb. 1-28. Enjoy a one hour relaxing massage with your special someone for \$50 per person.

Call 448-4640 for reservations.

Callaway holds demos at Mamala Bay

Try out the new 2009 Callaway products at Mamala Bay Golf Course driving range on Saturday, Feb. 7, from 10 a.m. to 2 p.m. A Calloway representative will be on hand to demonstrate. For additional information, call the Pro Shop at 449-2305.

Cruise by moonlight with your Valentine

Hickam Information, Tickets & Travel invites you to take your Valentine aboard the Navatek 1 for a Valentine’s Day moonlight dinner cruise on Saturday, Feb. 14, 8:30 – 10:30 pm. The cruise includes a fabulous five-course steak and lobster dinner and entertainment. The cost is only \$90 per person. Call Information, Tickets & Travel at 448-225 to make a reservation.

Maui Superferry Wine & Whale Tour planned


Wine lovers rejoice! ITT’s Maui Superferry Wine & Whale Tour, Feb. 21 – 22, is waiting for you to sign up. Go on a self-guided tour of a Lavender Farm followed by a winery tour and tasting, no-host lunch at Ulupalakua Ranch, Surfing Goat Cheese Dairy tour, stop in Makawao “Cowboy” town, go on a whale watch tour in Lahaina, visit Paia “surf town” and stay at the Westin Ka’anapali Ocean Resort. Register by Feb. 6. The cost is \$450 per person based on double occupancy. Call ITT at 448-2295 for reservations.

## Free Show! LT. DAN BAND CONCERT Sat, Jan. 31 - 7 p.m. Freedom Tower














### Gary Sinise of Forest Gump and CSI fame comes to Hickam AFB

Come early!  
Food & beverages available.  
Lawn seating  
(Bring chairs & blankets).  
Free shuttle from Base Theater  
(5-6:30 p.m. Return 9-10 p.m.)

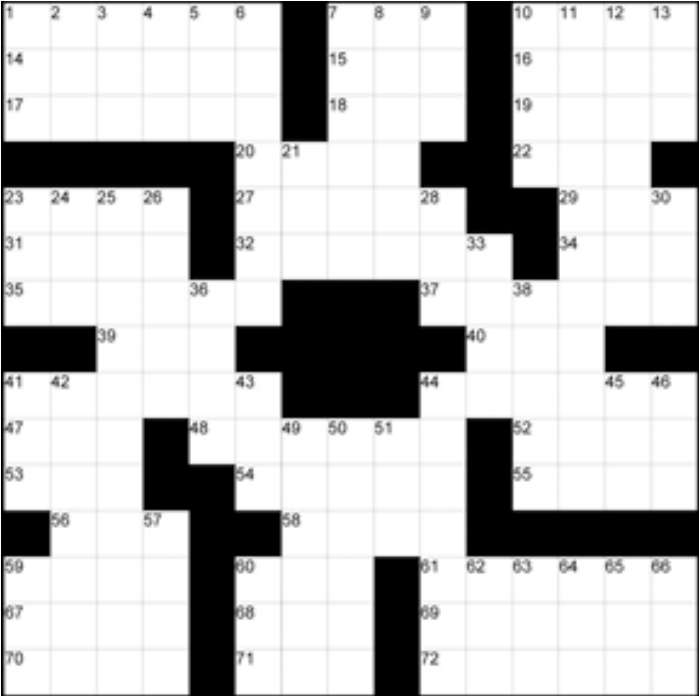


Rain location:  
Hangar 35





# Crossword Puzzle: It’s a bird, it’s a plane...



**By Capt. Tony Wickman**  
71st Flying Training Wing  
Public Affairs

**ACROSS**

- 1. B-2A
- 7. TV screen, perhaps
- 10. Remain
- 14. E-3B
- 15. Internet service provider
- 16. State home to Wright-Patterson AFB
- 17. Satinlike cotton fabric
- 18. SEC school mascot
- 19. Remarkable idea
- 20. Confound it!
- 22. NORAD’s air sovereignty mission
- 23. Omen
- 27. Leading the race
- 29. Rapping Dr.
- 31. Atoll
- 32. B-1B
- 34. Eternity

- 35. Kowtow
- 37. The \_\_\_\_ Identity (2002)
- 39. Wager
- 40. USAF enlistment enticement
- 41. Musicals
- 44. Dismissal order
- 47. Extremity
- 48. Produced in installments
- 52. Italian-born fashion designer Schiaparelli
- 53. Afternoon beverage in London
- 54. F-15C/D
- 55. Celebrity
- 56. CBS crime show
- 58. Blueprint
- 59. Panic Room actor Jared
- 60. JFACC tool to give signs, targets, controlling agencies, etc
- 61. U-2S \_\_\_\_ Lady
- 67. Biblical garden

- 68. Pigeon sound
- 69. Curtain call
- 70. An Officer and a Gentleman actor Richard
- 71. Workplaces for MDs
- 72. \_\_\_\_ out; finked on

**DOWN**

- 1. Draft org.
- 2. Leguminous plant
- 3. Football stat
- 4. Short path, in brief
- 5. Outrage
- 6. Base home to 325th FW
- 7. Gilmore Girls actress Graham
- 8. Distilled brandy
- 9. Military org. providing supplies and services world-wide
- 10. EC-130E Commando \_\_\_\_
- 11. A-10
- 12. Plane flap
- 13. 10 Things I Hate About \_\_\_\_ (1999)
- 21. Eureka!
- 23. \_\_\_\_ Sauer
- 24. RQ-1 and RQ-4 mission
- 25. C-17
- 26. Tomorrow \_\_\_\_ Dies (1997)
- 28. Young society woman, informally
- 30. Compass dir.
- 33. Thorny item
- 36. Greek letters
- 38. Prompts
- 41. Horse fodder
- 42. Antedate
- 43. Observe

- 44. Music magazine
- 45. Crypto org.
- 46. Hearing instrument
- 49. F-22A
- 50. Eskimo shelters
- 51. Pie \_\_\_\_ mode
- 57. Actress Skye
- 59. Appendage
- 60. Pilot with 5+ kills
- 62. Polymeric constituent of all living cells
- 63. Perform
- 64. You \_\_\_\_ Served (2004)
- 65. Mining goal
- 66. The Big Easy actor Beatty

See **SOLUTIONS, B4**

# SUDOKU

For solution, see SUDOKU, B4

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|---|---|---|---|---|---|---|---|---|
| 6 | 8 |   |   |   |   | 3 |   | 1 |
|   | 4 |   |   | 3 |   |   |   |   |
|   |   | 2 |   |   |   |   |   |   |
| 2 | 6 |   | 7 |   | 3 | 4 |   |   |
|   | 3 | 9 | 5 |   | 8 | 1 | 6 |   |
|   |   | 8 | 6 |   | 9 |   | 3 | 2 |
|   |   |   |   |   |   | 7 |   |   |
|   |   |   |   | 9 |   |   | 1 |   |
| 7 |   | 3 |   |   |   |   | 4 | 9 |

## Team Hickam History

The Air Force’s most historic airfield

**January 23, 1966** — Military Airlift Command completes Operation Blue Light, the airlift of the Army’s 3rd Brigade, 25th Infantry Division, from Hickam AFB to Pleiku, South Vietnam, to offset the buildup of Communist forces there. The airlift begins on Dec. 23, 1965, and its 231 C-141 sorties move approximately 3,000 troops and 4,700 tons of equipment. Until Operation Desert Storm, it counted as the largest combat zone airlift in history.

**January 24, 1980** — PACAF hosts a Tactical Air Forces (TAF) Commander’s Conference (for the commanders and senior staff of PACAF, USAFE, and TAC) at Hickam from Jan. 24 to 25, 1980. The primary purpose of the conference was to discuss TAF-related issues and establish a consensus in key programs.

**January 27, 1949** — The 6502d

Composite Wing was discontinued and Hickam AFB transferred under the command of Headquarters Pacific Air Command (PACAIRCOM).



**January 27, 1989** — The Hickam Elementary School library was dedicated and named the “Jane A. Ross Learning Center.”

**January 28, 1986** — The explosion of the space shuttle Challenger results in the death of all aboard, including Hawaii-born astronaut Lt. Col. Ellison Onizuka, and temporarily suspended that part of the 15 ABW mission concerned with providing an alternate or emergency base for contingency landings. More than 1,500 members of the 15 ABW, lined up for a scheduled open-ranks inspection at base operations, were shocked when the wing commander stepped up to the podium and told them of the disaster.



From B3



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|---|---|---|---|---|---|---|---|---|
| 6 | 8 | 7 | 9 | 5 | 4 | 3 | 2 | 1 |
| 5 | 4 | 1 | 8 | 3 | 2 | 9 | 7 | 6 |
| 3 | 9 | 2 | 1 | 7 | 6 | 8 | 5 | 4 |
| 2 | 6 | 5 | 7 | 1 | 3 | 4 | 9 | 8 |
| 4 | 3 | 9 | 5 | 2 | 8 | 1 | 6 | 7 |
| 1 | 7 | 8 | 6 | 4 | 9 | 5 | 3 | 2 |
| 9 | 2 | 4 | 3 | 6 | 1 | 7 | 8 | 5 |
| 8 | 5 | 6 | 4 | 9 | 7 | 2 | 1 | 3 |
| 7 | 1 | 3 | 2 | 8 | 5 | 6 | 4 | 9 |

*For more information on Base Chapel services , call the Chapel Center at 449-1754.*

Nelles Chapel  
Weekday Mass  
Mon.-Thu.,  
11:30 a.m.  
Saturday Confessions  
4:15 p.m.  
Saturday Vigil Mass  
5 p.m.  
Chapel Center  
Sunday Mass 10:30 a.m.

Chapel Center  
Sunday  
Contemporary Service  
8:30 a.m.  
Nelles Chapel  
Traditional/Liturgical  
Service 8:30 a.m.  
Gospel Service  
10:30 a.m.

(Catholic) Chapel Center  
Sunday (Sep-May) 9:00 a.m.  
(Protestant) Chapel Center  
Sunday (Sep-May) AWANA  
3:00 p.m.  
Wednesday Sunday School  
Dinner 4:45 p.m.  
Wednesday Sunday School  
Classes 6:00 p.m.

Airmen's Dorm Coffeehouse  
King Hall First Floor  
Dayroom – Bldg. 1856 - All  
Airmen welcome!  
Mon.-Thu. 6-10 p.m.  
Fri.-Sat. 6-11 p.m.  
Free gourmet espresso, cap-  
puccinos, Italian sodas  
Video games, internet,

movies and more  
To Volunteer, call the  
Hickam Chapel Center at  
449-1754

Jewish  
Buddhist  
Orthodox  
Islamic

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

**Friday, 8:30 p.m.**

**Sunday, 4 p.m.**

Rated G . Length: 94 min.

Rated R for pervasive language and sexuality. Length: 109 min.

Rated PG for fantasy action violence. Length: 90 min.



# PACAF site welcomes blogging

**Office of Public Affairs  
Pacific Air Forces**

Newspapers, magazines, network television — all are losing audiences, according to recent news stories. So where do people get information about the world around them?

“Many of the people we’re trying to reach no longer read the New York Times or watch ‘Meet the Press’ on Sunday morning,” said Col. Ed Thomas, PACAF director of public affairs. “Younger generations, both in and out of uniform, are far more likely to be texting, chatting, blogging or Twittering.”

So in September the command created its own blog called “PACAF Pixels.” Unlike traditional military websites, the blog is designed to allow Airmen across the command to share, in a personal and authentic way, their service experiences, Col. Thomas said.

Each of these stories forms a part, or ‘pixel,’ of the larger picture of PACAF’s impact on security and stability in the region.

PACAF officials say this is a significant departure from traditional communication in the command, citing the rise of internet social networking that has turned news consumers into active participants in a vast and growing conversation. The blog is a first step to joining with others online who have an interest in Air Force issues in the Pacific.

“Social networking is a two-way conversation, not a



**PACAF Pixels aims to tell Airmen’s stories through an interactive Web site. The intent is to appeal to a generation of tech-savvy people who are used to blogs and chatting to share their experiences online.**

monologue,” said Col. Thomas. “Comments on the Pixels blog won’t always be from our fans. We have to accept and respond to criticism as openly as we do to praise. This informal give-and-take is very different from the way the military usually communicates. But it will allow us to reach large audiences who otherwise would never hear our story.”

“I can’t remember not having the internet,” said Capt. Erika Yepsen, an officer

assigned to PACAF. “I’ve always had a computer. If my generation needs something, that’s where we turn, whether it’s to find a place to eat or to catch up with a friend from high school.”

Political candidates and even some traditional media outlets have already tapped into this powerful online dialogue. CNN partnered with YouTube to set the agenda for some of this year’s Presidential debates. Campaign fundraising online

reached record levels as candidates harnessed enthusiasm through virtual communities built around blogs or networking sites like Facebook or MySpace.

Like any form of communication, blogs and social networks are not without risks. The immediacy and audience reach that make it a powerful communication tool cause concern within the military.

“Managing risk is nothing new and blogs are just another way to communicate,” said Lt. Col. Don Langley, PACAF deputy director of public affairs. “The same rules apply whether you’re talking on the phone or texting. Security begins at the source. We trust our Airmen with high-tech weapons and high-value equipment. Ours is also a culture that trusts our Airmen to communicate responsibly about the Air Force anytime, anyplace.”

Creating that culture is exactly what PACAF is doing. The command directed all public affairs offices to obtain commercial internet access via machines not connected to the DoD network. This allows engagement on social media sites often blocked by government servers to prevent the spread of computer viruses. Armed with this new access, the public affairs teams have been uploading videos to the Air Force YouTube channel, seeking Airmen to contribute content to the Pixels blog, and reaching out to civilian bloggers who share interests in national security or the Asia-Pacific region.



## FITNESSTIPS

**Exercise: barbell forward lunge**

**Muscle Group: buttocks, hamstrings, thighs**



**Execution: Stand with feet shoulder width apart and maintain neutral alignment in the spine. This exercise can be done with barbell or a pair of dumbbells. Using a barbell, rest the bar on the upper part of the back. Take a long step forward and begin lowering the body by bending the forward knee and keeping the back leg slightly bent.**

**Slowly rise back up to the neutral starting position. If you have a hard time maintaining your balance, then you can place a chair next to you and hold on to it.**

**Perform 8-12 or up to 15 repetitions on each leg.**



Model: A1C Thomas Pasos

Article and Photo: A1C Katrina Plank, Personal Trainer, Asst. fitness coordinator